

# Scituate

## SENIOR CENTER

Commitment  Connection  Community

SENIOR HAPPY'NINGS | JULY & AUGUST 2022

### CONTACT US

Our new address:

333 First Parish Road  
Scituate, MA 02066

Phone: 781-545-8722

Fax: 781-545-2806

[www.scituatema.gov/  
council-on-aging](http://www.scituatema.gov/council-on-aging)

### HOURS OF OPERATION

Monday - Thursday

8:30 am - 4:30 pm

Friday 8:30 am-3 pm

### OUR MISSION

To identify the unique needs and interests of our senior community and implement programs that will enhance quality of life, foster independence, and ensure the physical and emotional well-being of a growing and active older population.



*Scituate Lighthouse & Lawson Tower View from the Ocean*

*Photographed by Jerry Klimek*

## ABOUT US

### DIRECTOR'S NOTE

*Happiness is exercising the little freedom that we have by choosing things that create harmony in our lives.* Kamand Kojouri, writer, poet

It has been a full year since the opening of the new Senior Center, and two years since the Covid-19 virus interrupted our lives and caused many of us to feel isolated, uncertain, and anxious about things that were beyond our control. And now, many have been watching with equal distress at the events in Ukraine recalling past strife that we thought was well behind us, or even the need for gun control that seems to elude us as we continue to have the same conversations following tragedy after tragedy.

I am sure many of you have taken the opportunity already to consider your health, your immune system, and your stress levels as a regular routine. Chronic stress weakens the immune system – and we can't have that. Here are a few suggestions for promoting less stress for our bodies and minds and finding more happiness in our lives ...

Turn off the 24-hour news networks; put your phone down, and go for a walk instead; UNPLUG for a little while and be mindful of your stress levels.

Exercise is a simple way to BOOST your immune system AND to ease stress. This could include 30 minutes of walking (or biking, or yoga, or just stretching which is enough to make a difference—a doctor once told me stretching was the key to longevity!). Just move your body.

Sleep more ... you need about 7-9 hours of sleep a night (7.5 hours or 9 hours will have you feeling more rested than 8 hours of sleep or waking in the middle of a 90-minute sleep cycle).

Eating colorful fruits and vegetables which are naturally full of antioxidants

and guard against free radicals that can harm your cells. Or try a fresh juice or smoothie to get your nutrients.

Stay positive, LAUGH, and proactively find ways to be happy. There is nothing healthier than a positive outlook – and having hope will do way more towards having a strong immune system than stress and worrying will. Another suggestion that may sound counterintuitive, but studies show that people who spend more of their day having deep discussions and less time engaging in small talk seem to be happier. Substantive conversation seemed to hold the key to happiness for two main reasons: because human beings are driven to find and create meaning in their lives, and because we are social animals who want and need to connect with other people. “By engaging in meaningful conversations, we manage to impose meaning on an otherwise pretty chaotic world,” says Dr. Mehl of the University of Arizona. And interpersonally, as you find this meaning, you bond with your interactive partner, and we know that interpersonal connection and integration is a core fundamental foundation of happiness.

So we can say *Don't worry, Be happy* – by coming to the Senior Center and exercising, engaging with others before and after our variety of classes, partaking of games with friends or making new ones—we've got pool, shuffleboard, corn hole and ping pong, along with Hand and Foot, Mah Jong, Scrabble, & Cribbage—or enjoying or meeting friends during our satisfying luncheons, and through it all managing to increase your feelings of happiness and contribute to your health and wellness as a result.

A special thank you to our volunteers who we celebrated on June 23 for the added happiness they all bring to the Center in their many capacities! *Linda*

### OUR STAFF

#### Director

Linda Hayes | 781-545-8871  
lhayes@scituatema.gov

#### Administrative Assistant

Jill Johnston | 781-545-8874  
jjohnston@scituatema.gov

#### Transportation Coordinator

Lillian Cruz | 781-545-8872  
lcruz@scituatema.gov

#### Outreach Coordinator

Erin LaMonte | 781-545-8873  
elamonte@scituatema.gov

#### Activities & Volunteer Coordinator

Jessica Souke | 781-545-8875  
jsouke@scituatema.gov

#### Food Service Manager

Fred Willette | 781-545-8832  
fwillette@scituatema.gov

#### Food Service Assistant

Cam Reardon

#### Van Drivers

Betty Durkin, Juan Marcellana,  
Jim Keeley, Joe Swindler, Debby  
Young.

### COUNCIL ON AGING BOARD

John D. Miller, Chair  
Susan Kelly, Vice Chair  
Leslie James  
Janice Lindblom  
Pat Carleton  
Laurie Brady  
Marie Fricker  
Deirdra Dwyer  
*Opening*

#### Selectman Liaison

Karen Canfield

**COA Board meetings are currently held monthly at the Senior Center on the 2nd Thursday at 5:30 pm.**

## LIFE LONG LEARNING

### SUMMER HISTORY SERIES WITH BOB JACKMAN

Wednesdays in July & August. \$10 per monthly series. Sign up for the morning or afternoon section. Morning session @10am to 11:30am; afternoon session is @ 1pm to 2:30pm. *Please register to attend. Seating is limited!*

#### July—Early Natural History Prints Series

July 13—Early Prints - Seashells From Around The World

July 27—Early Prints - Fishes From Around The World

#### August—American Art Series

August 10—Winslow Homer Watercolors

August 24—American Maritime Paintings

### NEW: MEN'S BOOK DISCUSSION GROUP



Meeting monthly following the Men's Breakfast

Begins on August 2 at 10:30am. Facilitated by Tim Petersen.

First book selected: **In Harm's Way** by Doug Stanton. Participants will make selections for future meetings!

### READING & WRITING SHORT STORIES with Meredith Pumphrey; 6 week course—Cost \$20

**Tuesdays, 10-11am—July 5, 12, 26 (no class 7/19) and August 2, 16, 23 (no class 8/9)**

Writing and discussion! Students will get the opportunity to read, reflect, and discuss short stories from a variety of time periods and perspectives from authors that include Toni Morrison, Raymond Carver, Joyce Carol Oates and others to generate conversation and writing prompts. The class will become a balance of discussion and creative writing based on the pieces we read. *Please register to attend.*

### CLIMATE CHANGE TODAY– POTENTIAL IMPACTS TO THE NORTHEAST WITH

**JOHN CLARKESON Thursdays- 9:30-10:30am; July 7 through 28; Cost:\$5 /class**

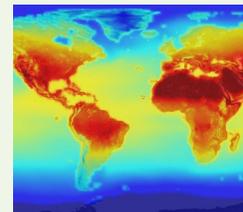
This 4 week series will provide background and a review of recent findings regarding climate change, some of its potential impacts, and recommended steps which could be considered in order to better prepare us be for those impacts. When possible, special focus on Scituate will be included.

Week 1: What is Climate Change?

Week 2: Impacts; vulnerabilities

Week 3: Massachusetts Economic Impacts I

Week 4: Massachusetts Economic Impacts II *Please register to attend.*



### MEN'S BREAKFAST TIME! Ladies invited.

**MONTHLY ON TUESDAYS AT 9 AM; COST: \$5**

**July 12** —Kevin Cafferty, Director of Scituate DPW— will join us to update us on important projects and plans for the town and all things public works!

**August 2**— **Dave Berkeley** will share some useful technology information, including ideas for “cutting the cord” from traditional cable service, as well as the usefulness of automating certain household functions to make life easier at home for us all as we age!

*Please register to attend breakfast. We need the count by Monday morning.*

### COFFEE & COMMUNITY RESOURCES~THURSDAYS

**RICHARDSON GAFFEY FUNERAL HOME IN THE CAFÉ — JULY 14 & AUGUST 11 @ 10AM**

Monthly “Coffee & Conversation” where coffee and pastries will be provided to chat with people and answer any questions about advanced planning / end of life planning for yourself or loved ones.

**COFFEE WITH OUR OUTREACH TEAM– JULY 21 & AUGUST 18 @ 10AM**

Our Outreach Coordinator, Erin LaMonte, along with Town Social Worker Erica Souris will spend time answering your questions about housing, healthcare and other community resources and opportunities. *Please register to attend.*

## KEEPIN' IT MOVING—EXERCISE FOR ALL

### JOYFUL MOVEMENT WITH RENA

**Thurs 12:15-1:15pm**

**Cost: \$5/class**

A lively and fun music inspired class, modified for people who would like to do moderate in-chair movement as well as others who would like to dance to music. Participants are encouraged to work at their own pace. *Please register to attend.*

### ESSETRICS CLASS

**Tues 9:00 –10:00 am**

**Cost: \$5/class**

This full body exercise lengthens & strengthens muscles with flowing movement, increasing flexibility and mobility while developing stronger muscles. *Pre-register to attend.*

**\*\*NO CLASS 7/5/22**

### DRUMS ALIVE! TRY IT!

**Thurs July 14 & 28 @ 1:30– 2:15 pm**

**Cost: \$5/class**

“Drums Alive” is an original evidence-based drumming fitness/health/wellness program that provides a “Whole Brain & Body” workout to promote physical, social, emotional and cognitive health at all life stages. Using rhythm as a source of inspiration to discover a new fitness experience, “Drums Alive”® combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm. *Please register to attend.*



## KEEPIN' IT MOVING—EXERCISE FOR ALL

### AM YOGA OPTIONS

#### Yoga w/Anne

Mon 8:30—Floor

Mon 9:45—Chair



#### Gentle Yoga w/ Elizabeth

Wed & Fri 8:30—Floor

Wed & Fri at 9:45—Chair

Floor Yoga \$10; Chair \$5

**Please register.**

### PM YOGA WITH LINDA

Mon 4:30—5:30 PM

Starts July 11th

Cost \$5/class

Gentle evening flow yoga is designed to help you unwind and relax at the end of the day. In this class we will focus on poses (both seated and standing), designed to release tension and stress from the body. We will move with the breath and end with a guided meditation. You will leave the class feeling grounded, centered, and relaxed. Modifications will be given; this class is appropriate for all levels. We have some yoga mats and blocks; bring straps if you like to use them. **Please register to attend. Class size limited.**



### ZUMBA GOLD WITH JUSTINE



Mon & Wed @ 2:00-3:00

A great dance opportunity w/ lively music & extra toning included. Lots of fun! Please pre-register. \$5

### LIFT YOUR SPIRITS STRENGTH CLASS

Mon @ 12:30

Wed & Fri @ 11:00

Cost: \$5/class

Strength training opportunity with Sue using hand weights. Lift your spirits and increase your muscle strength—good for your bones, body and mind!

Pre-register a week in advance to ensure your spot.

### TAI CHI & QI GONG

Tues @ 1:30



Our Tai Chi class will now include a 5 element flow of Qi Gong and the 24-step Tai Chi forms—both designed to strengthen the body, increase flexibility & range of motion, bring mindful awareness, and promote better balance. **There will be no Thursday practice in July/Aug. Please pre-register. \$4/class**

### BALANCE FOR LIFE

Mon & Thurs @ 11-12;

This popular class w/Sue incorporates stretching, movement, strengthening, cool music & of course Sue, herself! Please pre-register a week in advance to ensure your spot. \$5/class



### LET'S LINE DANCE!

Tues @ 11:00-12:00



Have fun while you exercise and be a hit at your next wedding! Join this Line Dance class w/Jean to learn new steps and dance to your favorite country and popular songs. **Pre-registration requested.**

### INDOOR PICKLEBALL

Wed @ 4-6 pm; Starts July 6

@Recreation/Vets Memorial Gym



We ask players to help set up nets & break down at the end of play and to sign in. Players are rotated if all courts are filled. Beginning instruction and handouts are available. Pre-registration through online system is helpful, especially for beginners.

### ARTHRITIS / JOINT CONDITIONING CLASS

Tues @ 3:00-4:00pm—Instructor NEIL SULLIVAN: \$4/CLASS

This class is structured to allow participants to exercise without putting excess strain on their joints and muscles. The class includes passive and active movements/exercises as well as stretches to help increase joint flexibility, range of motion and muscular strength as well as activities for balance and fall prevention. The primary aim of this exercise class is to increase functional ability and self-care, as we decrease pain and depression for individuals with arthritis and joint pain.

## WELLNESS

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**CHAIR MASSAGE - with Freya Schegel**—Designed to take the weight off the spine and give easy access to the head, neck, back, shoulders and arms. **Appointments on First Fri, 7/1; August off. 9:00 am - 1:00 pm, \$20/20 minutes.**

**REFLEXOLOGY - with Anne Brennan, LMT & Reflexologist**—Anne will guide you through a 30 minute session that will relax and relieve tension. **Appointments on 7/7, 7/13 and 8/4 and 8/10 from 9:00-2:00 pm; \$30 for 30 minutes.**

**HEAD MASSAGE - with Anne Brennan, LMT & Reflexologist**—A simple, safe & effective massage applied to the shoulder, neck, arms & head that provides de-stressing for the whole body. Acupressure is used on the face to aid with relief of sinus pressure and promote a feeling of well being. **Appointments on Wed 7/13, 8/10 from 9:00-2:00, \$30/30 minutes.**

**REIKI - with Elizabeth Rogers**—A healing technique based on the principle that the therapist can activate the natural healing process by means of touch. **Appointments last Thurs of the month, 7/28 and 8/25 10am - 3:00 pm; \$75/hour session.**

***Additional opportunity for Reiki or Chair Massage with Sandy for students before the Tai Chi/Qi Gong class on Tuesdays: 15' or 20' appointments beginning at 12:45. \$15/\$20***

Call 781-545-8722 to book all appointments. Thank you!



# JULY 2022 CALENDAR

				FRI   1	
<p>Our next Art Exhibit for <b>July and August</b> will be with the Mosaic Artists from the class of Serena Green. We hope you enjoy it!</p> <p>Many thanks to Peggy Roth Major for lending her beautiful and inspiring works these past two months. We know she has gained many new admirers and some owners as well!</p>		<p><b>Calling Scituate Artists</b> for our September &amp; October exhibit. Flyer &amp; application available at Senior Center and online. App submission by August 22.</p>			
MON   4		TUES   5		THUR   7	
<p>Senior Center Closed</p> 		<p>9:00 NO Essentrics TODAY 10:00 Reading &amp; Writing Short Stories 10:00 Bocce Ball 11:00 Line Dance 11:00 Spanish Class 1:00 NEW: Bingo 1:30 Tai Chi &amp; Qi Gong 3:00 Joint Conditioning</p>		<p>8:30 Yoga 9:45 Chair Yoga 10:00 Bocce Ball 10:30 Nurse / BP 11:00 Lift Spirits 1:00 Scrabble 2:00 Zumba Gold 4:00 Pickleball</p>	
MON   11		TUES   12		THUR   14	
<p>8:30 Yoga 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 12:30 Lift Spirits 1:00 Hand &amp; Foot 1:00 Watercolor 2:00 Zumba Gold 4:30 NEW: PM Yoga</p>		<p><b>9:00 Men's Breakfast</b> 9:00 Essentrics 10:00 Reading/Writing Short Stories 11:00 Line Dance 11:00 Spanish Class 1:30 Tai Chi &amp; Qi Gong 3:00 Joint Conditioning 4:00 Dementia Caregivers Group</p>		<p>8:30 Yoga 9:00 Reflexology &amp; Head Massage 9:45 Chair Yoga 10 &amp; 1 Bob Jackman— Prints 11:00 Lift Spirits 11:00 Art for Your Mind 1:00 Scrabble 2:00 Zumba Gold 4:00 Pickleball</p>	
MON   18		TUES   19		THUR   21	
<p>8:30 Yoga 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 12:30 Lift Spirits 1:00 Hand &amp; Foot 1:00 Watercolor 2:00 Zumba Gold 4:30 NEW: PM Yoga</p>		<p>9:00 Essentrics 11:00 Line Dance 11:00 Spanish Class 1:00 Parkinson Supp Group 1:30 Tai Chi &amp; Qi Gong 3:00 Joint Conditioning</p>		<p>8:30 Yoga 9:45 Chair Yoga 10:30 Nurse / BP 11:00 Lift Spirits 12:00 Caregiver Support Grp 1:00 Scrabble 2:00 Zumba Gold 4:00 Pickleball</p>	
MON   25		TUES   26		THUR   28	
<p>8:30 Yoga 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 12:30 Lift Spirits 1:00 Hand &amp; Foot 1:00 Watercolor 2:00 Zumba Gold 4:30 NEW: PM Yoga</p>		<p>9:00 Essentrics 10:00 Reading &amp; Writing Short Stories 11:00 Line Dance 11:00 Spanish Class 1:30 Tai Chi &amp; Qi Gong 3:00 Joint Conditioning 4:00 Dementia Caregivers Grp</p>		<p>8:30 Yoga 9:45 Chair Yoga 10 &amp; 1 Bob Jackman— Prints 2 11:00 Lift Spirits 1:00 Scrabble 2:00 Zumba Gold 4:00 Pickleball</p>	
MON   11		TUES   12		FRI   15	
<p>8:30 Yoga 9:00 Chair Massage 9:45 Chair Yoga 11:00 Lift Spirits 12:30 Friday Flix</p>		<p>8:30 Yoga 9:45 Chair Yoga 11:00 Lift Spirits 12:30 Friday Flix</p>		<p>8:30 Yoga 9:45 Chair Yoga 11:00 Lift Spirits 12:30 Friday Flix</p>	
MON   18		TUES   19		FRI   22	
<p>8:30 Yoga 9:30 Climate Change 10:00 Mah Jong 10:00 Card Making 11:00 Balance 12:15 Joyful Movement 1:00 Bocce Ball 1:00 Knitting 2:30 Ping Pong</p>		<p>8:30 Yoga 9:45 Chair Yoga 11:00 Lift Spirits 12:30 Friday Flix</p>		<p>8:30 Yoga 9:45 Chair Yoga 11:00 Lift Spirits 12:30 Friday Flix</p>	
MON   25		TUES   26		FRI   29	
<p>8:30 Yoga 9:30 Climate Change 10:00 Mah Jong 10:00 Card Making 11:00 Balance 12:15 Joyful Movement 1:00 Bocce Ball 1:00 Knitting 2:30 Ping Pong</p>		<p>8:30 Yoga 9:45 Chair Yoga 11:00 Lift Spirits 12:30 Friday Flix</p>		<p>8:30 Yoga 9:45 Chair Yoga 11:00 Lift Spirits 12:30 Friday Flix</p>	
MON   11		TUES   12		FRI   15	
<p>8:30 Yoga 9:00 Chair Massage 9:45 Chair Yoga 11:00 Lift Spirits 12:30 Friday Flix</p>		<p>8:30 Yoga 9:30 Climate Change 10:00 Mah Jong 10:00 Richardson-Gaffey 10:30 Sen O'Connor/Lou 11:00 Balance 12:15 Joyful Movement 1:00 Knitting 1:30 NEW: Drums Alive! 2:30 Ping Pong 5:30 COA Board Mtg</p>		<p>8:30 Yoga 9:45 Chair Yoga 11:00 Lift Spirits 12:30 Friday Flix</p>	
MON   18		TUES   19		FRI   22	
<p>8:30 Yoga 9:30 Climate Change 10:00 Outreach Team Café 10:00 Mah Jong 10:30 Grief Support Group 11:00 Balance 12:15 Joyful Movement 1:00 Knitting <b>1:30 Junk Box Eng.</b></p>		<p>8:30 Yoga 9:45 Chair Yoga 11:00 Lift Spirits 12:30 Friday Flix</p>		<p>8:30 Yoga 9:45 Chair Yoga 11:00 Lift Spirits 12:30 Friday Flix</p>	
MON   25		TUES   26		FRI   29	
<p>8:30 Yoga 9:00-3:00 Reiki 9:30 Climate Change 10:00 Mah Jong <b>10:30 Pop-up Book Store</b> 11:00 Balance 12:15 Joyful Movement 1:00 Knitting 1:30 NEW: Drums Alive! 2:45 No Rules Book Club</p>		<p>8:30 Yoga 9:30 iPad / iPhone class 9:45 Chair Yoga 11:00 Lift Spirits 12:30 Friday Flix</p>		<p>8:30 Yoga 9:30 iPad / iPhone class 9:45 Chair Yoga 11:00 Lift Spirits 12:30 Friday Flix</p>	

# AUGUST 2022 CALENDAR

MON   1	TUES   2	WED   3	THUR   4	FRI   5
8:30 Yoga 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 12:30 Lift Spirits 1:00 Hand & Foot 2:00 Zumba Gold	<b>9:00 Men's Breakfast</b> 9:00 Essentrics 10:00 Reading & Writing Short Stories 10:00 Bocce Ball <b>10:30 Men's Book Group</b> 11:00 Line Dance <b>1:00 Bingo</b> 1:30 Tai Chi & Qi Gong 3:00 Joint Conditioning	8:30 Yoga 9:45 Chair Yoga 10:00 Bocce Ball 11:00 Lift Spirits 1:00 Scrabble 2:00 Zumba Gold 4:00 Pickleball	9:00 Reflexology 9:15 Beginner MahJong 10:00 Mah Jong 11:00 Balance 12:15 Joyful Movement 1:00 Bocce Ball 1:00 Knitting 2:30 Ping Pong	8:30 Yoga 9:00 Chair Massage 9:30-2 Pool Tournament 9:45 Chair Yoga 11:00 Lift Spirits 12:30 Friday Flix
MON   8	TUES   9	WED   10	THUR   11	FRI   12
8:30 Yoga 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 12:30 Lift Spirits 1:00 Hand & Foot 2:00 Zumba Gold 4:30 PM Yoga	9:00 Essentrics 10:00 Bocce Ball 11:00 Line Dance 1:30 Tai Chi & Qi Gong 3:00 Joint Conditioning 4:00 Dementia Caregivers	8:30 Yoga 9:00 Head massage/ Reflexology 9:45 Chair Yoga 10 & 1 Bob Jackman 11:00 Lift Spirits 1:00 Bocce Ball 1:00 Scrabble 2:00 Zumba Gold 4:00 Pickleball	9:15 Beginner MahJong 10:00 Mah Jong 10:00 Richardson Gaffey 11:00 Balance 12:15 Joyful Movement 1:00 Bocce Ball 1:00 Knitting 1:30 Junk Box Engineering 2:30 Ping Pong 5:30 COA Board Meeting	8:30 Yoga 9:45 Chair Yoga 11:00 Lift Spirits 12:30 Friday Flix
MON   15	TUES   16	WED   17	THUR   18	FRI   19
8:30 Yoga 9:45 Chair Yoga 10:00 Technology Class 11:00 Balance 11:00 Expressive Writing 12:30 Lift Spirits 1:00 Hand & Foot 2:00 Zumba Gold 4:30 PM Yoga	9:00 Essentrics 10:00 Reading & Writing Short Stories 10:00 Bocce Ball 10:00 Memory Care Series 11:00 Line Dance 1:00 Parkinson Group 1:30 Tai Chi & Qi Gong 3:00 Joint Conditioning	8:30 Yoga 9:45 Chair Yoga 10:00 Bocce Ball 10:30 Nurse / BP 11:00 Lift Spirits/Lawson <b>11:00 Art for Your Mind</b> 12:00 Caregiver Group 1:00 Scrabble 2:00 Zumba Gold 4:00 Pickleball	9:15 Beginner MahJong 10:00 Mah Jong 10:00 Outreach Team Café 10:30 Sen O'Connor/Lou 10:30 Grief Support Grp 11:00 Balance 12:15 Joyful Movement 1:00 Bocce Ball 1:00 Knitting 2:30 Ping Pong	8:30 Yoga 9:45 Chair Yoga 11:00 Lift Spirits 12:30 Friday Flix
MON   22	TUES   23	WED   24	THUR   25	FRI   26
8:30 Yoga 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 12:30 Lift Spirits 1:00 Hand & Foot 2:00 Zumba Gold 4:30 PM Yoga	9:00 Essentrics 10:00 Reading & Writing Short Stories 10:00 Bocce Ball 11:00 Line Dance 1:30 Tai Chi & Qi Gong 3:00 Joint Conditioning 4:00 Dementia Caregivers Grp	8:30 Yoga 9:45 Chair Yoga 10:00 Bocce Ball 10:00 & 1 Bob Jackman 11:00 Lift Spirits 1:00 Scrabble 2:00 Zumba Gold 4:00 Pickleball	9:00 Reiki 9:15 Beginner MahJong 10:00 Mah Jong 11:00 Balance 12:15 Joyful Movement 1:00 Bocce Ball 1:00 Knitting 2:30 Ping Pong	8:30 Yoga 9:45 Chair Yoga 11:00 Lift Spirits 12:30 Friday Flix
MON   29	TUES   30	WED   31	<b>Community Gathering on the Patio &amp; Lawn</b> Music by Billy & the Goats (surprise guitarist!); Hotdogs & Beans, Games <b>Friday, September 2 @ 4:00-6:00pm</b>	
8:30 Yoga 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 12:30 Lift Spirits 1:00 Hand & Foot 2:00 Zumba Gold 4:30 PM Yoga	9:00 Essentrics 10:00 Bocce Ball 11:00 Line Dance 1:30 Tai Ch & Qi Gong 3:00 Joint Conditioning	8:30 Yoga 9:45 Chair Yoga 10:00 Bocce Ball 11:00 Lift Spirits 1:00 Scrabble 2:00 Zumba Gold 4:00 Pickleball		

# PROGRAMS, GROUPS, ACTIVITIES

## ART CLASSES

### WATERCOLOR w/ Judy Rossman

After the end of the last course on July 25th Judy will take a break for the month of August and resume art classes in September.

### SOCIAL PAINTING

The social painting group will be taking the summer months off (July and August) and will resume in September.

Keep a look out in our Fall newsletters for the new schedule.

## POOL TOURNAMENT

Friday, August 5th 9:30—2pm

Men & Women invited

Donuts, coffee, refreshments

Names will be drawn to determine the schedule of play

Sign up at front desk.



## JUNK BOX ENGINEERING

JULY 21 & AUG 11 @ 1:30-2:30PM

Out of a limited supply of materials, build something that does something or has never been done before. It will be a MacGyver adventure! Instructor – Fred Dorr **Please register to attend!**

## “NO RULES” BOOK GROUP WITH DR. NANCY HARRIS / \$5.

Thursday, July 28 @ 2:45—“Readers’ Choice”

Contact Nancy Harris @ 781-254-5060 for book suggestions and to be matched w/an excellent summer read! Check out the Storybook Cove Book Fair @ the Senior Center (p. 13) for July 28th! Please call 781-545-8722 for more details and to register for the meeting.

August—Break!



## RECREATION & LEISURE

- Knitting—Thurs @ 1:00
- Mah Jong—Thurs
  - Beginners @ 9:15
  - Regular @ 10:00
- Hand & Foot Cards—Mon @ 1:00
- Scrabble—Weds @ 1:00pm

## HOLA! TRY SPANISH!

Tuesdays, 11 - 12 PM

### NO SPANISH CLASSES IN AUGUST!

Are you interested in speaking Spanish? Do you want to exercise your brain? Learn a new language to benefit your travels?

Beginner Spanish class

Instructor Catherine Speigel

Pre-register to attend. \$5/class

## ART FOR YOUR MIND

Monthly on Wednesdays, 11 - 12 PM

JULY 13:

Edward Hopper’s New England

AUG 17 (NEW DATE):

Early American Art

Experience this enriching Art Appreciation Presentation series with Jill Sanford. Please pre-register.

## CARD MAKING

Join local card maker, Beth McGaw and learn how to make homemade cards with fabric. **10:00—12:00, Cost \$5**

July 7—Beach cards

August— OFF

Please register.

## BOCCE BALL

Group Play - Rotating games. Equipment provided.

Tues & Wed @ 10:00 am

Thurs @ 1:00pm

Or call to reserve the Bocce set for a private game.

## SHUFFLEBOARD & POOL TABLE

You can reserve a spot at the Front Desk for an hour at a time when the Game Room is available. See schedule!

## PING PONG

We have a great new table available for use in the Egypt Room on designated afternoons. You can reserve at spot at the Front Desk. See the calendar for designated times or check with staff.

## BINGO! (post-lunch)

with John Ross

On the **first Tuesday** of the month—**July 5 &**

**August 2 at 1:00 pm.**

Join us for a game!



## PROGRAMS, GROUPS, ACTIVITIES

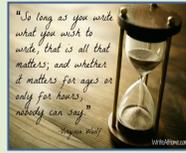
### CAREGIVER SUPPORT GROUP

Could you benefit from the support of others who understand the experience of being a caregiver for a loved one? We encourage you to join our monthly Caregiver Support Group. This facilitated group meets the **3rd Wednesday of the month at 12:00-1:00pm**.

Our group is led by an experienced facilitator & social worker, Suzanne Otte. Please call the Senior Center at 781-545-8722 for more information and to be added to the e-mail list .

### EXPRESSIVE WRITING

Mondays @  
11:00-12:00pm



Everyone is welcome at this weekly writing group.

A new prompt is provided each week & participants write for 15 minutes, then read aloud for feedback, if you wish. Sometimes light, sometimes deep, sometimes funny & always fun.

A great opportunity to hone your writing style. Friendly group. Volunteer facilitators.

### FUN FRIDAY FLICKS!

MOVIE STARTS AT 12:30PM;  
POPCORN PROVIDED

July 8 - Belfast, 2021

July 15 - Tootsie, 1982

July 22 - Out of Africa, 1985

July 29 - Stillwater, 2021

Aug 5 - Bridges Of Madison County, 1995

Aug 12 - Funny Girl, 1968

Aug 19 - The Power of the Dog, 2021

Aug 26 - Enchanted April, 1991

### PARKINSON'S SUPPORT GROUP

Participants have an opportunity to meet in person the **3rd Tuesday of each month** at the Senior Center with long-time leader Leslie Vickers.

Meetings are held on **July 19 & August 16 at 1pm**

### TECHNOLOGY CLASSES

Would you like to hone your tech skills? Join our classes with instructor, Katy Mayo. Only one this summer!

**Monday, July 29 @ 9:30-11:00 am**

**Topic:** iPhone & iPad— learn all about Settings on your devices. This session will also go over and explain all about the iCloud and backing up.

Please register to attend! **\$15/ class**

### GRIEF SUPPORT GROUP

Led by Susan Drevitch Kelly

#### SUMMER MEETINGS:

July 21 & August 18

10:30am-12pm

#### NEW PROGRAM:

A new program will begin **Thurs, September 22**. This group will continue to meet **every 1st and 3rd Thursday of the month**.

The group session is followed by the option to sign up to have lunch together. Please register in advance for the group and make your reservation for lunch at 781-545-8722.

### MEMORY CARE OPPORTUNITIES

#### SUPPORT & RESOURCES GROUP FOR DEMENTIA CAREGIVERS— OFFERED BY ALZHEIMER'S ASSOCIATION

**2nd and 4th Tuesday, 4:00 - 5:00 pm ongoing**

Develop a support system, share challenges, solutions & resources. Call 800-272-3900 to register.

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#### ALZHEIMER'S—EFFECTIVE COMMUNICATION STRATEGIES

Tuesday, August 16<sup>th</sup> at 10—11am

Explore ways that Alzheimer's and other dementias affect an individual's ability to communicate across different stages, and get tips to better communicate with people living with the disease. Call 800-272-3900 to register.

## PROGRAMS, GROUPS, ACTIVITIES

### MYACTIVECENTER.COM

We are pleased to offer this convenient, online system to register for our classes! Simply login on to:

MYACTIVECENTER.COM

Locate "NEW USER" and use your personal key tag number located on the back of your scan card, including the 'X'.

**If you need a key tag or help setting up your account, please call us at 781-545-8722.**

### E-MAIL, & ON-LINE TOO!

You can receive an e-mail giving you immediate access to the newsletter online once it has been published, at [ourseniorcenter.com](http://ourseniorcenter.com) site.

Once the newsletter is published on-line, we also immediately place it on our website page at [scituatema.gov/council-on-aging/newsletters](http://scituatema.gov/council-on-aging/newsletters).

### TRADITIONAL RUG HOOKING ANYONE?

Would you be interested in learning a new art this Fall?

We have the opportunity to start a traditional rug hooking class taught by a certified Pearl McGowan teacher.

If you are interested, please contact Jessica at 781-545-8875.

We would love to organize a class for the Fall with this talented and experienced instructor.

### ON-LINE PAYMENTS

We are able to offer online payments for some of our classes and programs through the Town of Scituate website.

On your browser, go to:

- [Scituatema.gov](http://Scituatema.gov).
- Select Online Payments,
- Select Pay Bills Online,
- Select more from Town Clerk/Schools/COA,
- Select Town of Scituate Council on Aging,

If there is a cost associated with your program, you can also pay w/check made out to the Senior Center or cash.

### BIG BUS TRIPS ARE BACK!



### SAVE THE DATES

Full day excursions—Please ask Jessica at the Senior Center for the flyer and full details on each trip.

### Sign up w/ payment!

**Sept 8—Peabody Essex Museum, Lunch, Shopping Trip / \$99 /RSVP to COA by August 8th**

**Dec—Boston Pops—TBD in August**

### *A Grown-Up Book Fair: Summer Reads – Birthday – Holiday Shopping – is coming to Scituate Council on Aging!*

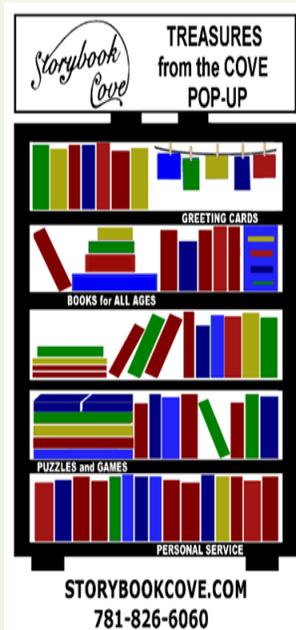


**Thursday, July 28th ~ 10:30am-3:30pm**

Storybook Cove, your local, independent bookstore of Hanover, MA, is "popping-up" at our Senior Center on **Thursday, July 28 from 10:30 am. to 3:30 pm.**

The knowledgeable staff (they have been in business 31+ years!) is bringing 200+ books for infants, kids, teens & adults, as well as puzzles, games, and greeting cards for your shopping pleasure.

If you do not see what you want, they will gladly take prepaid special orders. Storybook Cove is donating a portion of the sale proceeds to our COA programming so the more you shop, the more we benefit! Open to the public.



Check out [www.storybookcove.com](http://www.storybookcove.com) for book ideas .

## OUTREACH & SERVICES

### SHINE

**SHINE** -> *Serving the Health Information Needs of Everyone.*

Our SHINE Counselors receive rigorous training in aspects of Medicare and health insurance. Their role is to advise and assist with questions concerning health insurance and prescription coverage for 65 and over. Call for appointments with Rich Durkin or Elaine Schembari @ 781-545-8722.

### HOUSING AUTHORITY VISITS

Erin LaMonte, Outreach Coordinator, will be available monthly at each of the housing sites to offer updates on benefits, answer questions, and provide information on activities over coffee and pastry. 9:30 AM in the Common rooms.

1st Tuesday—Wheeler Park

1st Wednesday—Central Park

1st Thursday—Lincoln Park

### PROFESSIONAL VISITS

#### STATE SENATOR PATRICK O'CONNOR'S OFFICE

Senator Patrick O'Connor office hour with Lou Rizzo—**3rd Thurs @10:30-11:30 @ the Senior Center.**

#### STATE REPRESENTATIVE PATRICK KEARNEY

Rep. Patrick Kearney office hours CALL TO REQUEST.

#### ASK A LAWYER

For a legal question, you can schedule a complimentary 1/2hr appt w/ one of our volunteer attorneys on the **3rd Fri of the month @ Scituate Senior Center.**

#### BP / HEALTH CLINIC WITH TOWN NURSE EILEEN SCOTTI

**1st & 3rd Wed 10:30-12:00**

Check your Blood Pressure; Ask a Nurse; Schedule a B-12 shot (with prescription).

**NO CLINIC ON JULY 5th**

### SNAP

Do you need assistance paying for food? SNAP may help and you may be eligible!

Apply for SNAP food stamps by calling the Senior Center at 781-545-8722. SNAP (or EBT) cards are debit cards with a PIN for use at most grocery stores.

### SCITUATE FOOD PANTRY

Client Hours:

Tues 10:00 am – 12:15 pm

Thurs 3:30 – 5:15 pm

The Food Pantry is located at 327 First Parish Road behind the Senior Center in the lower level of the old Gates School building. Drive-up service from Cudworth Rd will continue. Call to register at 781-545-5827.

Van Service is available at NO CHARGE through the Senior Center by calling 781-545-8722.

## TRANSPORTATION

### LOCAL RIDES

We provide rides to in-town medical and dental appointments, senior center activities or personal errands around town. *No prior notice necessary*, but rides are on a first come first serve basis.

### GROCERY SHOPPING

- **Every Wednesday**—Shaw's, Cohasset
- **1st & 3rd Thursday** of the month—Market Basket, Hanover
- **2nd & 4th Thursday** of the month—Village Market, Harbor

### OUT OF TOWN MEDICAL RIDES

We arrange out-of-town medical rides to other locations on the South Shore, as well as Boston.

PLEASE NOTE: We ask for **5 day advance notice** to book an out-of-town ride.

To schedule any ride, please call the Transportation Coordinator, Lillian Cruz at 781-545-8722, press 3.

### VOLUNTEERS URGENTLY NEEDED

We are in urgent need of volunteer van escorts to assist our clients who need extra help to ride the van and accompany a client to/from medical appointments. Call 781-545-8875 to volunteer.

### COST FOR RIDES

**Local trips:** \$1.75 / \$3.50 round-trip  
10-ride pass: \$15;  
**Medical Out-of-Town:** \$10 local round-trip; \$20 (Plymouth or Boston)



# SENIOR CENTER LUNCH MENUS

**Monday through Thursday; served at 12:00 / Lunch cost is \$5.**

We request lunch reservations be made at least 2 days before and only up to two weeks in advance. We also request you limit your reservation to yourself and one other party, and only up to two dates at one time when asking the Front Desk. PLEASE inform kitchen staff if you have any food allergies before having lunch with us.

## MENU FOR JULY

Tue, July 5	Ham, cheese and spinach quiche with watermelon & feta salad
Wed, July 6	American chop suey, peas, garlic bread
Thu, July 7	Gazpacho w/ paella (chicken, rice, mussels, shrimp, linguica)
Mon, July 11	Chicken francaise with herb sauce, rice pilaf, broccoli
Tue, July 12	Caprese sandwich w/ pesto, arugula, prosciutto, cold melon soup
Wed, July 13	Shrimp salad with fresh corn, mixed greens, dried cranberries, vinaigrette
Thu, July 14	Penne with sausage, garden salad, garlic toast
Mon, July 18	Chef salad with grilled chicken, strawberry vinaigrette
Tue, July 19	Chicken salad sandwich, w/ lettuce & tomato, broccoli & cheese soup
Wed, July 20	Ham, cheese and potato frittata & salad
Thu, July 21	Baked haddock, rice pilaf, squash
Mon, July 25	Meatloaf with pan gravy, mashed potatoes, peas
Tue, July 26	Chef salad ham, turkey, cheese, mandarin orange & orange curry vinaigrette
Wed, July 27	Lasagna with marinara, roasted zucchini, garlic bread
Thu, July 28	Shrimp scampi, rice pilaf, peas

*If you have made a reservation and need to cancel that reservation, please notify us as soon as possible so that another patron can be called from the Wait List. If you are ON THE WAIT LIST, you will be called if there is space on the reservation list, so please monitor your messages.*

*Please check with the Front Desk if you are unsure of a reservation.*

## MENU FOR AUGUST

Mon, Aug 1	Roast pork, fresh broccoli, mashed potatoes, pan gravy, apple sauce
Tue, Aug 2	Salad niçoise with tuna, green beans, red bliss potatoes, olives, mixed greens, pickled onions, vinaigrette, roll
Wed, Aug 3	Chicken salad plate with pasta salad, mixed greens, cottage cheese mandarin oranges
Thu, Aug 4	Baked haddock, cottage fries, carrots
Mon, Aug 8	Meatloaf, lyonnaise potatoes, sautéed brussel sprouts
Tue, Aug 9	Cobb salad with cold potato leek soup
Wed, Aug 10	Stuffed shells with meat sauce, peas, garlic bread
Thu, Aug 11	Bowtie pasta salad w broccoli & poached seafood (mussels, calamari, shrimp) on greens with vinaigrette
Mon, Aug 15	Oven fried chicken, mashed potatoes, carrots
Tue, Aug 16	Grilled ham and cheese on rye, pea soup
Wed, Aug 17	Sausage, peppers potatoes, garlic bread
Thu, Aug 18	Poached salmon on mixed greens with beets, mandarin oranges, fresh cucumber pickle and pea tendrils, dill
Mon, Aug 22	Grilled pork tenderloin, sweet & sour apple cabbage, fried potatoes
Tue, Aug 23	Chicken quesadillas with rice, corn & beans, pico de gallo,
Wed, Aug 24	Grilled hot dogs on buns, baked beans, cole slaw
Thu, Aug 25	Baked haddock, baked potatoes, butternut squash
Mon, Aug 29	Pot roast, mashed potatoes, buttered carrots
Tue, Aug 30	Greek salad with grilled chicken, spinach pie
Wed, Aug 31	Lasagna with marinara sauce and meatball, garlic toast
Thu, Sep 1	Grilled shrimp on chef's salad



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#### SUPPORT

The cost of mailing this newsletter is supported by funds we receive from the Executive Office of Elder Affairs through the annual Formula Grant.

#### ADVERTISERS

Printing of this newsletter by LPi is made possible through local advertising. Anyone wishing to advertise, call LPi at: 800-477-4574 x6377.

**FOSS**—Tax-deductible donations may be made to the Friends of Scituate Seniors to support Senior Center programs & services at any time. The Friends provide funding for items not supported by the municipal budget or grants. Much of the Friends donation monies have been applied to purchases for the new Senior Center.

The Friends support our continued “free” coffee at the Café and for the lunch program. They are also supplying the Hershey’s kisses we are all so fond of in honor of Bette Johnson, for whom they have also purchased benches to be placed in her memory and a future tree and seating area to be enjoyed. They also purchased our new Ping Pong table and Corn Hole boards for your enjoyment. FOSS ADDRESS for membership & donations:

P.O. Box 75, North Scituate, MA 02060

#### DONATIONS IN MEMORY OF / IN HONOR OF

You could memorialize or honor your loved one or a dear friend here in support of future Senior Center programs by donating directly to the Scituate Council on Aging for Programs, Transportation or Outreach Services. Donations may also be made to the Friends of Scituate Seniors as stated above.

Thank you to those families and individuals who donated through the Friends “Fund a Room” campaign for your enduring legacy.

**Donor**

Anonymous

**In Honor of**

Pat Paglierani

**In Memory of**